

"Come early, fish late, know what's safe to put on your plate"

A fish consumption advisory is in place for fish caught in the Houston Ship Channel, San Jacinto River (below the Lake Houston Dam), and all connected waters north of the SH 146 bridge. The **contaminants of concern: Dioxins and Polychlorinated biphenyls (PCBs)**. For more specific information and a map for the advisory please visit:

<http://www.dshs.texas.gov/seafood/advisories-bans.aspx>

High Risk



Alligator Gar



Blue Crab



Gafftopsail Catfish



Sheepshead



Blue Catfish



Black Drum



Hardhead Catfish



Flathead Catfish



Striped Bass &
Hybrid Striped Bass



Smallmouth Buffalo



Sand Trout



White Bass



Spotted Seatrout

Medium Risk



Common Carp



Red Drum



Southern Flounder

All fish caught in these bodies of water are contaminated. Please follow the recommended fish consumption guidelines. To find a copy of the Fish Advisory for the Houston Ship Channel and San Jacinto River visit www.dshs.texas.gov/seafood/

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What is a fish consumption advisory?

A fish consumption advisory recommends limited consumption of fish or shellfish from a particular area. It is not illegal to eat fish or shellfish from an area with a consumption advisory, but people should not eat more than the amount recommended in the advisory.



Serving Sizes

For **adults**: One serving is 6-8 ounces of uncooked fish (size of an adults hand)

For **children**: One serving is 2-4 ounces of uncooked fish (size of adults palm)

The 3C's To Safer Fish

1. Choose fish that are low in chemicals.
2. Clean away the fat, skin, and organs. This is where PCBs and dioxins are stored.
3. Cook fish on a grill or rack so fat can drip away.

Women who are pregnant or may become pregnant and children less than 12 years of age should NOT eat any fish or blue crab from these bodies of water.



Some may be more susceptible to health problems related to eating contaminated fish including:

- * **People that eat a lot of fish or shellfish caught in areas known to have contamination,**
- * **Pregnant women or women of childbearing age,**
- * **Children under the age of 12, and**
- * **People with pre-existing medical conditions or diseases.**

For more information about fish advisories in Texas, contact the

Texas Department of State Health Services

Seafood and Aquatic Life Group

512-834-6757 or www.dshs.texas.gov/seafood/